

# Helpful Links

## WIC Websites

Wisconsin WIC Program-Information on the Wisconsin WIC Program administered by the Department of Health Services at <http://www.dhs.wisconsin.gov/wic/index.htm>

USDA Food and Nutrition Program-Information from the National WIC Program which is administered by the United States Department of Agriculture at <http://www.fns.usda.gov/wic/>

Milwaukee County WIC Projects- Locations of WIC projects in Milwaukee County and local program information at <http://www.milwaukeecountywic.com/index.htm>

## Local Resources

Waukesha County Food Pantry-Non-profit organization located in Waukesha and various other cities throughout the county that distribute donated and purchased food as well as government surplus at <http://waukeshafoodpantry.org/>

The Share Program-Volunteer run food buying club to help families save money when purchasing food. Available to all income levels at <http://www.sharewi.org/>

211-First Call for Help-A 24/7 information and crisis line to provide counseling help or referral to community resources at <http://www.mhawauk.org/211FCFH.html>

La Casa De Esperanza- <http://www.lacasadeesperanza.org/fss.html>

BadgerCare Plus- <http://www.dhs.wisconsin.gov/badgercareplus/>

Access- A state of Wisconsin website connecting you to programs related to health, nutrition and child care at <https://access.wisconsin.gov/>

Forward Health ~ <http://www.dhs.wisconsin.gov/ForwardHealth/index.htm>

## Nutrition Information

Fruits and Veggies More Matters-Encourages eating more fruits and vegetables by providing shopping tips, health information and recipes at <http://www.fruitsandveggiesmorematters.org/>

MyPyramid.gov- USDA Food guide pyramid including nutrition, physical activities, dietary guidelines, educational materials and resources for all ages at <http://www.mypyramid.gov/index.html>

The American Dietetic Association-Excellent source for trustworthy, science-based, food and nutrition information for the public and professionals at <http://www.eatright.org/>